

## ABSTRACT OF THE DISCLOSURE

An exercise device for allowing a user to perform functional tasks during training or exercise. The exercise device has an upper frame from which various exercise stations are positioned. The exercise device is provided which enables users to achieve jumping, horizontal movement, bounding, suspended sit-ups and leg-lift exercise movements. The exercise device comprises a harness system attached to an elastic suspension system to enable the user to jump vertically, another harness system attached to a flexible line to hoist the user up the wall and enable user to move horizontally on a vertical surface, and a cradle system with a ring attachment that allows a user to use upper body strength for suspension and perform abdominal exercises.